

# Power Up to Gear Up



Find the Differences?

Circle the 10 differences between the two **Power Panthers™**.

**tip:** Play harder on days when you eat more than usual.

## Peachy Pops

Cool down with these fruity frozen treats.

You need:  
2 peaches;  
2/3 cup lowfat vanilla yogurt;  
2 cups orange juice;  
6 paper cups;  
6 plastic spoons;  
aluminum foil.

Chop peaches and divide among 6 paper cups.

Pour mixture over peaches.

Place yogurt in bowl. Slowly pour orange juice into yogurt, stirring until blended.

Cut aluminum foil to cover tops of cups. Poke spoons through the foil in the center of each cup.

Freeze at least 4 hours. Makes 6 pops. When frozen, peel paper cup away from pop and share with family and friends. ENJOY!

## Funnies

Q: Why are basketball players such messy eaters?

Power Panther™ is a high scorer when it comes to food and fun. Create your own Power Profile to see what you have in common with Power Panther™.

## Power Panther™ Profile



Height	5'10"
Shoe Size	13
Favorite Snacks	Pretzels, Yogurt, Fruit, Nuts
Favorite Activities	Running, Basketball, Skateboarding, Dancing
Favorite Subject	Geography
Interesting Fact	Traveled over 400,000 miles and to most States
Famous People I Met	President of the U.S., Ken Harvey (Pro Football Player)

## Power Profile

Your name	
Height	
Shoe Size	
Favorite Snacks	
Favorite Activities	
Favorite Subject	
Interesting Fact	
Famous People I Met	

Your photo